

Proper care for our eyes

Complete name:

Directions: select whether the action is good or harmful for the eyes



Sleeping early
Good
Harmful



Rubbing your eyes
Good
Harmful



Reading a book in
a well lit room
Good
Harmful



Being too near the tv
when watching
Good
Harmful



Rinse eyes with
clean water

Good

Harmful

Seeing an eye
doctor

Good

Harmful

Reading a book in
a dark room

Good

Harmful

Wearing sunglasses
when sun is too bright

Good

Harmful



Eating vegetables

Good

Harmful



Watching tv in a
safe distance

Good

Harmful